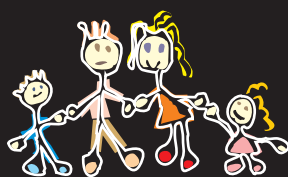


# EARLY CHILDHOOD MENTAL HEALTH MATTERS

Social and emotional health is a young child's growing ability to:

- ★ Form close relationships
- ★ Explore new environments
- ★ Express and manage emotions



- ★ School success begins before kindergarten through the early achievement of social and emotional milestones.

- ★ Between 4% and 6% of preschoolers have a serious emotional and/or behavioral disorder that can affect health functioning and learning.



## Birth to One Year



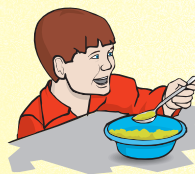
- ★ Surround your baby with nurturing relationships.
- ★ Play games and sing songs where your baby can interact by clapping and giggling.
- ★ Enrich your child's daily routines (meal time, bath time and nap time) by making eye contact and sharing smiles, conversations, stories and books.



## 12 to 36 Months



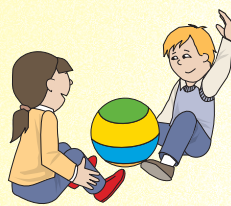
- ★ Establish routines and be consistent.
- ★ Praise your toddler for doing things independently.
- ★ Listen, talk, and read with your toddler.



## 3 to 5 Years



- ★ Encourage them to express their feelings with words.
- ★ Give them choices about what to play, read or eat.
- ★ Give positive verbal encouragement when they complete a task.



## 5 to 8 Years



- ★ Establish clear family rules.
- ★ Use positive discipline strategies inside and outside the home.
- ★ Encourage your child to play with other children.



For more information on how you can support your child's social and emotional development visit: <http://csefel.vanderbilt.edu>